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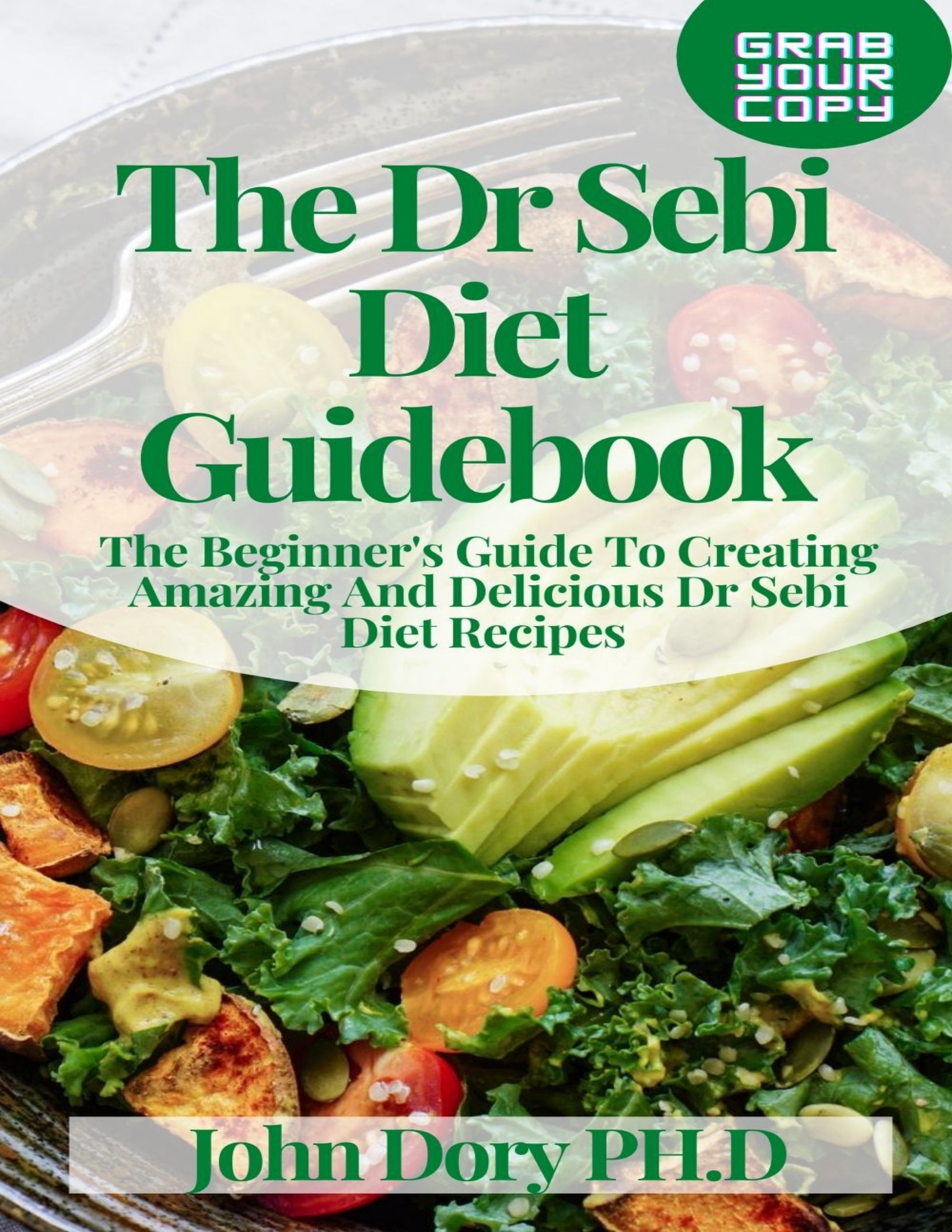
The Dr Sebi Diet Guidebook

The Beginner's Guide To Creating Amazing And Delicious Dr Sebi Diet Recipes



John Dory PH.D

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Introduction

This controversial and strict plant-based diet was created by the late Dr. Sebi. Proponents claim that it reduces the risk of disease when coupled with specific supplements sold on the diet's website.

Dr. Sebi believed that mucus and acidity caused disease. He held that eating certain foods and avoiding others could detoxify the body, achieving an alkaline state that could reduce the risk and effects of disease.

The Dr. Sebi diet is not approved by official sources, and no scientific evidence shows that it can prevent or treat medical conditions.

Plant-based diets can benefit health under some conditions, but the Dr. Sebi diet may not include enough key nutrients to keep the body healthy.

This article looks into the diet and its potential benefits and risks.

Who Is Dr. Sebi?

The Dr. Sebi diet requires a person to eat strictly plant-based foods

Alfredo Bowman, better known as Dr. Sebi, was a self-proclaimed healer and herbalist. He was self-educated — he was not a medical doctor and held no Ph.D.

An obituary describes his controversial health claims, such as curing AIDS and leukemia. These and similar assertions resulted in a 1993 lawsuit that ended with the court ordering Dr. Sebi's organization to stop making these claims. Dr. Sebi reportedly died in 2016 in police custody.

What is the dr. sebi diet?

Dr. Sebi believed the Western approach to disease to be ineffective. He held that mucus and acidity — rather bacteria and viruses, for example — caused disease.

A main theory behind the diet is that disease can only survive in acidic environments. The aim of the diet is to achieve an alkaline state in the body in order to prevent or eradicate disease.

The diet's official website sells botanical remedies that it claims will detoxify the body. Some of these remedies — called African Bio- mineral Balance supplements — retail at $1,500 per package.

The site links to no research that would support its claims about health benefits. It does note that the Food and Drug Administration (FDA) have not evaluated the statements. Those behind the site acknowledge that they are not medical doctors and do not intend the site's content to replace medical advice.

How To Follow The Diet

Dr. Sebi's nutritional guide includes a number of rules, such as:

Only eat foods listed in the guide.

Drink 1 gallon of natural spring water daily.

Avoid animal products, hybrid foods, and alcohol.

Avoid using a microwave, which will "kill your food."

Avoid canned and seedless fruits.

The Dr. Sebi diet involves eating:

vegetables, including avocado, kale, bell peppers, and wild arugula

fruits, including apples, bananas, dates, and Seville oranges

grains, including rye, wild rice, spelt, and quinoa

oils, including avocado, hempseed, coconut, and olive oils, though the diet advises against using the latter two in cooking

nuts and seeds, including hemp and raw sesame seeds, tahini butter, and walnuts

herbal teas, including chamomile, fennel, and ginger varieties

natural sweeteners, including agave syrup and date sugar

spices, including cayenne and powdered seaweed

What Are The Benefits?

There is a lack of any scientific evidence to support the Dr. Sebi diet.

However, research indicates that a plant-based diet can benefit health. There are also risks to consider, which we discuss in the next section.

Some health benefits of plant-based diets may include:

Weight loss — a 2015 study concluded that a vegan diet resulted in more weight loss than other, less restrictive diets. Participants lost up to 7.5% of body weight after 6 months on a vegan diet.

Appetite control — a 2016 study in young male participants found that they felt more full and satisfied after eating a plant-based meal containing peas and beans than a meal containing meat.

Altering the microbiome — the term "microbiome" collectively refers to the microorganisms in the gut. A 2019 study found that a plant-based diet could alter the microbiome favorably, leading to less risk of disease. However, confirming this will require more research.

Reduced risk of disease — a 2017 review concluded that a plant-based diet may reduce the risk of coronary heart disease by 40% and the risk of developing metabolic syndrome and type 2 diabetes by half.

The Dr. Sebi diet encourages people to eat whole foods and avoids processed foods. A study from 2017 found that reducing the intake of processed food would improve the nutritional quality of the general diet in the United States.

IS IT SAFE?

The Dr. Sebi diet is restrictive, and it may not include enough important nutrients, which the diet's website does not clearly acknowledge.

If a person adopts this diet, they may benefit from consulting a healthcare professional, who may recommend additional supplements.

VITAMIN B-12

Following the Dr. Sebi diet may result in a vitamin B-12 deficiency. A person may be able to prevent this by consuming supplements and fortified foods.

Vitamin B-12 is an essential nutrient necessary for the health of nerve and blood cells and for making DNA.

In general, people following vegan or vegetarian diets and older adults have a risk of B-12 deficiency. Doctors usually recommend that people who do not consume animal products take B-12 supplements.

Symptoms of B-12 deficiency include tiredness, depression, and tingling in the hands and feet. There is also a risk of pernicious anemia, which keeps the body from producing enough healthy red blood cells.

PROTEIN

In the diet, protein helps support the health of the brain, muscles, bones, hormones, and DNA.

According to current guidelines, females aged over 19 should have a daily protein intake of 46 grams (g), while males of the same age should consume 56 g.

Some foods included in the Dr. Sebi diet contain protein. For example, 100 g of hulled hemp seeds contain 31.56 g of protein, while the same amount of walnuts contains 16.67 g of protein. For comparison, 100 g of oven-roasted chicken breast contains 16.79 g of the nutrient.

However, the Dr. Sebi diet restricts other sources of plant protein, such as beans, lentils, and soy. A person would need to eat an unusually large amount of the permitted protein sources to meet daily requirements.

Research suggests that it is important to eat a wide variety of plant foods to absorb enough amino acids, which are building blocks of protein. This may be difficult when following the Dr. Sebi diet.

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are important components of cell membranes. They support:

brain, heart, and eye health

energy

the immune system

The Dr. Sebi diet includes plant sources of omega-3s, such as hemp seeds and walnuts.

However, the body more readily absorbs these acids from animal sources. A 2019 study indicates that a vegan diet contains little or none of two omega-3 fatty acids, unless the person takes a supplement.

Anyone following the Dr. Sebi diet may benefit from taking an omega-3 supplement.

Dr. Sebi's recipes often contain unusual ingredients or his patented botanical supplements. However, a person who is not strictly adhering to the diet could easily adapt some recipes to make healthful, plant-based meals:

Dr. Sebi's 'veggie-ful' smoothie. Try leaving out the date sugar, as the drink may be sweet enough without it.

Zucchini bread pancakes. Maple syrup or coconut sugar could replace the date sugar.

Veggie fajitas tacos. People who consume wheat or corn may prefer these types of tortillas.

Is The Dr. Sebi Diet Healthy? A Functional Medicine Perspective

The long and complicated history of the Dr. Sebi diet added another chapter when it hit No. 2 on Google's 2019 search trends for diets.

Its traffic peaked in early April of 2019 following the death of rapper Nipsey Hussle, who had previously reported that he was working on a documentary about Dr. Sebi. Some people linked Hussle's work on the documentary to his death, saying it "wasn't a coincidence."

In the interview about the documentary, Hussle himself raised questions about the circumstances of Dr. Sebi's death. It seems that the diet wasn't necessarily trending in searches for nutrition application but rather as a result of curiosity about the related conspiracy theories.

What exactly is the Dr. Sebi diet?

The plant-based diet is a form of alkaline diet, which was designed to purportedly help cells repair themselves through the combination of a restricted diet and supplements.

The designer is "Dr." Sebi, whose real name was Alfredo Darrington Bowman, was born in 1933 in Honduras. He was not a doctor, medical or otherwise, nor licensed healthcare practitioner of any kind (though his site calls him a "pathologist, herbalist, biochemist, and naturalist"). Entangled in a variety of civil and criminal litigation through his life, Alfredo was arrested for practicing medicine without a license. Bowman passed in August of 2016.

During his life, his diet had a number of celebrity fans, like Michael Jackson, but also was surrounded with controversy. He was known to deny that HIV causes AIDS and was in fact sued by New York state after claiming he had "cured AIDS" in 1993. He was told to stop making medical claims about his diet's benefits.

The diet prescribes a strict form of veganism and is based on the notion that all diseases have to do with a localized failure by the body's mucus membranes. Bowman proposed that by creating an alkaline environment, one can eliminate diseases.

As part of Bowman’s diet, there’s a"Nutritional Guide," which provides a list of foods you're allowed to eat (it's specific), along with some other guidelines.

His diet also advises taking Dr. Sebi "Cell Food" supplements. The program,for which there are gendered options, costs between $750 and $1,500.

Rules of the diet (per Bowman):

1. If the food isn't in his "Nutritional Guide," it is not recommended.

2. Drink one gallon of natural spring water per day.

3. Any Dr. Sebi products are to be taken an hour before "pharmaceuticals."

4. All Dr. Sebi products can be taken together without interaction.

5. Strict adherence to the "Nutritional Guide" (complete with supplemental products) gives the best results for "reversing disease."

6. No animal products, hybrid foods, canned fruits, seedless fruits, or alcohol may be consumed.

7. According to Sebi, using the microwave will "kill your food," so avoid using it.

What does it mean to alkalize the body?

An alkaline diet is based on the premise of controlling your body's pH with the foods you eat. Because the foods our body uses leave behind metabolic waste, the idea is that the waste can possess a pH varying from alkaline to acidic.

The human body has different pH levels in different areas to support specific physiological functions, with organs like the stomach being more acidic while blood is more alkaline. The homeostasis of pH in various organs and fluids is tightly regulated.

Through complex excretion and reabsorption mechanisms, our body has built-in acid-base balance via the lungs, kidneys, and buffer systems. One of the bodily products that is directly affected by the food and fluids we consume is urine. This is an example of a kidney-controlled mechanism for managing pH in the blood.

Do alkaline diets work?

The broader group of "alkaline diets" is based on the issue of metabolic waste, and the Dr. Sebi diet is one of many. The components of these diets are generally healthy enough in that they encourage eating more healthy plant-based foods, which would benefit most everyone.An alkaline diet typically criticizes or removes meats, seafood, eggs, dairy, sugar, processed foods, and wheat.

While these dietary changes would certainly yield health benefits for many (via sugar and calorie reduction, plus improved fiber intake and fruit and vegetable intake), the idea that diet patterns or components can materially influence our robust, built-in acid-base balance is unscientific.

There is no research behind alkalinizing the body, and science does not support the claims made by Bowman or similar alkaline regimens. Many studies on alkaline diets have been reviewed and meta-analyzed, and the results are in: Neither the alkaline diet nor its related “acid-ash hypothesis”

have been shown to prevent or mitigate diseases. This lack of effect includes bone health and osteoporosis, cancer, and glucose and insulin responses, to name a few.

The bottom line on the "Dr." Sebi diet.

While it makes big claims, the diet is not proven. It may result in similar benefits to an alternate plant-based diet, for which the benefits are more well researched, but the strict diet plan does seem to lack protein sources.

When it comes to alkalinizing, Wendie Trubow, M.D., told mbg, "The claims, without research, should not be relied upon."

If you're thinking about trying a plant-based diet, there are plenty of benefits to look forward to. Here are some tips for starting your plant-based journey.

And if you're curious, here's the complete list of foods allowed on the Dr. Sebi diet:

Vegetables

Amaranth greens

Avocado

Bell Peppers

Chayote (a Mexican squash)

Cucumber

Dandelion greens

Garbanzo beans

Izote (Cactus flowers/leaves)

Kale

Lettuce (but not iceberg)

Mushrooms (but not shiitake)

Nopales (Mexican cactus)

Okra

Olives

Onions

Sea vegetables

Squash

Tomatoes (only cherry or plum varieties)

Tomatillos

Turnip greens

Zucchini

Watercress

Purslane (verdolaga)

Wild arugula

Fruits

Apples

Bananas

Berries (but not cranberries)

Elderberries

Cantaloupe

Cherries

Currants

Dates

Figs

Grapes (if seeded)

Limes

Mango

Melons (if seeded)

Orange (Seville or sour is best)

Papayas

Peaches

Pears

Plums

Prickly pear (cactus fruit)

Prunes

Raisins (if seeded)

Young coconuts

Soursops (if you can find them)

Tamarind

Grains

Amaranth

Fonio

Kamut

Quinoa

Rye

Spelt

Tef

Wild rice

Oils

Olive oil (only uncooked)

Coconut oil (only uncooked)

Grapeseed oil

Sesame oil

Hempseed oil

Avocado oil

Nuts and seeds

Hemp seeds

Raw sesame seeds

Raw tahini

Walnuts

Brazil nuts

Seasonings

Basil

Bay leaf

Cloves

Dill

Savory

Sweet basil

Tarragon

Thyme

Achiote

Cayenne

Onion powder

Habanero

Sage

Pure sea salt

Powdered seaweeds

Pure agave syrup

Date sugar

Teas

Burdock

Chamomile

Elderberry

Fennel

Ginger

Raspberry

Tila

Dr Sebi Diet Recipes

Dr. Sebi's "Veggie-Ful" Smoothie

Ingredients:

1 pear, cored and seeded

1/4 avocado

1/2 seeded cucumber, peeled

1 handful watercress

1 handful Romaine lettuce

1/2 cup spring water

Date sugar, to taste (optional)

Instructions:

Blend all the ingredients together in a high-powered blender until smooth. Enjoy!

Tahini Hemp Seed Bars

These crowd-pleasing Tahini Hemp Seed Bars have the most amazing, chewy texture and sweet, nutty flavor.

You will love these for a healthy dessert or snack anytime!

Ingredients:

1 cup amaranth (puffed)

1 cup hemp seeds

1 cup packed pitted soft dates

1/2 cup unsweetened fine shredded soft-jelly coconut

1/2 cup homemade raw natural tahini

1/4 cup agave syrup

1/2 tsp sea salt

Instructions:

Preheat the oven to 325 F.

Place the amaranth along with the rest of the ingredients in a food processor, and mix until it forms a thick, crumbly dough.

Line a 7-8 inch square baking pan with parchment paper so it sticks out over the edge.

Press the dough into the pan, taking a few minutes to press it into all corners and getting it as flat as you can.

Bake for 30 minutes then let cool in the pan for at least 15 minutes. Slice into 16 squares and carefully lift out of the pan. If you used parchment paper, you can lift the whole thing out of the pan and slice it on a cutting board.

Let cool then store in a sealed container in the fridge for up to 2 weeks or freezer for up to 3 months.

Glowing Skin Smoothie

Avocados are known to hydrate the skin, leafy greens help with skin elasticity, and mangoes contain carotenoids, which help the skin glow. Blend everything with soft-jelly coconut water (a super hydrator!) and you've got the perfect recipe for glowing skin!

Ingredients:

1/2 cup soft-jelly coconut water (or more as needed)

2 frozen burro bananas (previously peeled and sliced)

1 cup chopped mango

2 cups approved greens

1/2 avocado, sliced

Instructions:

Blend all ingredients together in a high-speed blender and enjoy!

Dr. Sebi's Apple Hemp Muffins

Soft and delicious, Dr. Sebi's Apple Hemp Muffins have the added bonus of the extra-nutritious hemp seeds. These muffins will surely please both kids and adults!

Ingredients:

2 1/2 cups spelt flour

2/3 - 3/4 cup hemp seeds

1/4 tsp sea salt

1 1/2 - 1 3/4 tsp date sugar

1/4 tsp ground cayenne pepper

1 cup mashed apple (use a food processor or high-speed blender)

1/2 cup agave syrup

3/4 cup homemade walnut milk

1/3 cup (seeded) raisins

Instructions:

Preheat oven to 350°F (176°C).

In a large bowl, combine the dry ingredients. Stir through until well combined.

In another bowl, combine the mashed apple, agave syrup, homemade walnut milk, and mix together.

Add the wet mixture to the dry mixture, and gently fold and mix through, until just combined (do not overmix).

Spoon the mixture into a muffin pan. Bake for 21-23 minutes, or until a toothpick inserted in the center comes out clean. Makes 12 large muffins.

Zucchini Bread Pancakes

Ingredients:

2 cups spelt or kamut flour

2 tbsp. date sugar

1/4 cup mashed burro banana

1 cup finely shredded zucchini

2 cups homemade walnut milk

1/2 cup chopped walnuts

1 tbsp. grapeseed oil

Instructions:

In a large bowl whisk flour and date sugar.

Pour in walnut milk and mashed burro banana. Stir until just combined, making sure to scrape the bottom of the bowl so there are no pockets of dry mix. Stir in shredded zucchini and walnuts.

Heat grapeseed oil in a griddle or skillet over medium-high heat.

Pour batter onto the griddle to make your pancakes. Cook 4 - 5 minutes on each side.

Serve with agave syrup and enjoy!

Veggie Fajitas Tacos

Are you craving tacos? Try this plant-based, alkaline electric option! This Mexican-inspired dinner is a simple, flavorful, and fulfilling meal that comes together in less than 15 minutes!

Ingredients:

2-3 large portobello mushrooms

2 bell peppers

1 onion

Juice of 1/2 key lime

1 Tbsp. grapeseed oil

6 corn-free tortillas (look for tortillas made with approved grains, like these kamut flour tortillas)

Your choice of approved seasonings (onion powder, habanero, cayenne pepper)

Avocado

Instructions:

Remove stems of mushrooms, spoon out gills if desired, and wipe tops clean. Cut into about 1/3 inch thick slices.

Thinly slice bell peppers and onion.

In a large skillet over medium heat, add 1 Tbsp. grapeseed oil and peppers and onions. Cook about 2 minutes.

Add mushrooms and seasonings. Stir occasionally, cook another 7-8 minutes or until softened.

Warm tortillas and spoon the fajita mixture into the center of tortillas. Serve with avocado and key lime juice.

Stir-Fry Velveted Chicken and Vegetables

If you’re not on a low fiber, low residue diet, substitute your favorite vegetables. There’s also no need to pre-cook the vegetables in chicken broth if you’re not on this particular diet. You can just stir-fry the vegetable directly in the wok.

This recipe is adapted for a low fiber, low residue diet. You can use the same velveted chicken cooking technique in a more traditional stir-fry where the vegetables are cooked until crisp-tender directly in the wok.

Course: Main Course

Cuisine Chinese

Keyword low fiber, low residue

Prep Time 25 minutes

Cook Time 30 minutes

Marinate 30 minutes

Total Time 55 minutes

Servings 4

Calories 315 kcal

Ingredients

Velveted Chicken

1 pound boneless skinless chicken breast

1/2 teaspoon salt

1 tablespoon rice wine

1 large egg white

1 tablespoon cornstarch

2 tablespoons oil

Vegetables

3 cups chicken broth or water

1 carrot peeled, cut into 1/2" thick slices

4 shitake mushrooms stems removed, quartered

1 medium zucchini peeled, seeds scooped out, sliced into 1/2" thick slices

1 bunch asparagus tips

Stir-Fry Sauce

1 tablespoon soy sauce

1 tablespoon oyster sauce

1 tablespoon rice wine

1/2 teaspoon sugar

2 teaspoons cornstarch dissolved in 2 tablespoons cold water

2 teaspoons sesame oil

Stir-Fry

2 teaspoons oil

1 slice ginger peeled, finely minced

1/4 cup low sodium chicken stock

Instructions

Velveting Chicken

Cut chicken into thin slices, small cubes, or thin strips. Place in bowl and add salt and rice wine; mix well. Whisk egg white with fork until gel is broken down. Add to chicken, along with cornstarch; mix well. Add 1 tablespoons of oil and stir until well mixed. Cover and refrigerate for at least 30 minutes.

Bring 1 quart of water to a boil. Add 1 tablespoon oil and reduce heat to low. Transfer chicken into pot and stir to separate pieces. Continue to stir until coating turns white. Then immediately strain in colander.

Cooking Vegetables

Bring chicken broth to a boil in a saucepan. Add carrot slices. Cook until tender. Remove from pan with slotted spoon. Add mushrooms and zucchini to chicken broth and cook until tender. Remove from pan with slotted spoon. Add asparagus tips to pan and cook until tender. Remove from pan with slotted spoon. Reserve 1/4 chicken broth stir-fry; store remaining broth for another use.

Stir-Fry Sauce

In a small bowl, mix together Stir-Fry Sauce ingredients.

Stir-Frying Chicken and Vegetables

Heat oil in a wok or large skillet. Add ginger and stir-fry briefly until fragrant. Add cooked vegetables to wok. place velveted chicken on top. Add 1/4 cup chicken stock to wok and cover. Cook on high for 1 minute.

Add Stir-Fry Sauce and toss well for 1 minute to coat chicken and vegetables with sauce. Serve.

Nutrition Facts

Stir-Fry Velveted Chicken and Vegetables

Amount Per Serving

Calories 315Calories from Fat 126

% Daily Value*

Fat 14g22%

Saturated Fat 1g6%

Cholesterol 73mg24%

Sodium 1495mg65%

Potassium 1045mg30%

Carbohydrates 14g5%

Fiber 3g13%

Sugar 5g6%

Protein 30g60%

Vitamin A 3530IU71%

Vitamin C 29.7mg36%

Calcium 56mg6%

Iron 3.6mg20%

* Percent Daily Values are based on a 2000 calorie diet.

Turkey Carrot Mushroom Dumplings

Course Appetizer, Main Course

Cuisine Chinese

Keyword low fiber, low residue

Prep Time 30 minutes

Cook Time 15 minutes

Total Time 45 minutes

Servings 30 pieces

Calories 48 kcal

Ingredients

3/4 cup carrots finely julienned

1 pound ground turkey

1/2 cup mushrooms finely chopped

2 teaspoons soy sauce

1 teaspoon rice wine

1 teaspoon sesame oil

1/2 teaspoon onion powder

1/8 teaspoon salt

2 teaspoons cornstarch

30 dumpling wrappers

Instructions

Put carrots in microwavable bowl and cover with water. Cook until tender, about 3 minutes depending on how finely shredded the carrots are (I used a julienne peeler). Drain and let cool.

In a large bowl, mix together cooked carrots, turkey, mushrooms, soy sauce, rice wine, sesame oil, onion powder, salt and cornstarch. Stir together until well combined.

Spoon a well rounded teaspoon of filling onto a dumpling wrapper. Seal filling with wrapper. Wrap remaining dumplings.

Bring water to boil in bottom of a steamer pot. Place dumplings in a parchment paper lined steamer. Steam 15 minutes until cooked through.

Nutrition Facts

Turkey Carrot Mushroom Dumplings

Amount Per Serving

Calories 48Calories from Fat 9

% Daily Value*

Fat 1g2%

Cholesterol 11mg4%

Sodium 87mg4%

Potassium 53mg2%

Carbohydrates 4g1%

Protein 3g6%

Vitamin A 545IU11%

Vitamin C 0.2mg0%

Calcium 8mg1%

Iron 0.5mg3%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken Saffron Rice Pilaf

Course Main Course

Keyword low fiber, low residue

Prep Time 15 minutes

Cook Time 25 minutes

Total Time 40 minutes

Servings 6

Calories 269 kcal

Ingredients

1 pinch saffron

1 tablespoon ghee or olive oil

1 large carrot peeled, chopped

1 stalk celery outside parts peeled, chopped

1 1/2 cups basmati rice or jasmine rice

3 cups low sodium chicken broth

1/2 teaspoon onion powder

1 1/4 cups poached or roasted chicken breast shredded

1 lemon

fresh parsley chopped

Instructions

Place saffron in a small bowl and add a little water; let soak.

Heat ghee in large skillet. Add carrots and celery; saute until carrots soften, about 3-4 minutes. Add rice and saute until lightly toasted, coating with oil.

Cooking in rice cooker

Transfer rice mixture to rice cooker. Add saffron, chicken broth and onion powder. Cook on white rice setting.

Add shredded chicken to rice and toss; cover and let sit 5 minutes until chicken is heated through.

When ready to serve, squeeze lemon juice on top of rice and toss. Garnish with chopped parsley.

Cooking on the stovetop

Add saffron, chicken broth and onion powder to skillet. Bring to a boil, then reduce heat and cook on medium-low, covered, for 25-30 minutes, until rice is cooked.

Add shredded chicken to rice and toss; cover and let sit 5 minutes until chicken is heated through.

When ready to serve, squeeze lemon juice on top of rice and toss. Garnish with chopped parsley.

Recipe Notes

Adapted from Rebecca Katz's Cancer-Fighting Kitchen cookbook

Nutrition Facts

Chicken Saffron Rice Pilaf

Amount Per Serving

Calories 269Calories from Fat 45

% Daily Value*

Fat 5g8%

Saturated Fat 2g13%

Cholesterol 28mg9%

Sodium 73mg3%

Potassium 302mg9%

Carbohydrates 41g14%

Fiber 1g4%

Sugar 1g1%

Protein 13g26%

Vitamin A 2045IU41%

Vitamin C 10.5mg13%

Calcium 32mg3%

Iron 1.1mg6%

* Percent Daily Values are based on a 2000 calorie diet.

Turkey Meatloaf Muffins

Course Main Course

Prep Time 15 minutes

Cook Time 30 minutes

Total Time 45 minutes

Servings 6

Calories 165 kcal

Ingredients

1 pound ground turkey

1/2 teaspoon onion powder

1/4 teaspoon garlic powder

1 tablespoon worcestershire sauce

2 1/2 tablespoon chicken stock

1 tablespoon tomato paste

1/3 cup plain breadcrumbs

1 large egg

salt to taste

3 tablespoons ketchup

Instructions

Preheat oven to 350 degrees.

In a large bowl, combine turkey, onion powder, garlic powder, worcestershire sauce, chicken stock, tomato paste, breadcrumbs and egg. Mix well with your hands (I used food-safe plastic gloves to do this).

Lightly grease 6 muffin tins. Divide meatloaf mixture among 6 tins.

Brush with ketchup. Bake 30-35 minutes until cooked through.

Recipe Notes

For extra flavor, I used chicken stock that was infused with fresh thyme sprigs in the recipe. 4 freestyle points per serving

Nutrition Facts

Turkey Meatloaf Muffins

Amount Per Serving

Calories 165Calories from Fat 63

% Daily Value*

Fat 7g11%

Saturated Fat 2g13%

Cholesterol 91mg30%

Sodium 235mg10%

Potassium 265mg8%

Carbohydrates 7g2%

Sugar 2g2%

Protein 16g32%

Vitamin A 185IU4%

Vitamin C 1.2mg1%

Calcium 35mg4%

Iron 1.6mg9%

* Percent Daily Values are based on a 2000 calorie diet.

LEMON CHICKEN RICE SOUP

The creamy consistency of this Lemon Chicken Rice Soup is achieved by adding some medium grain rice to the soup which cooks down and adds some nice body to the soup. In addition, the method used to whisk the eggs into the soup results in a velvety smooth, creamy soup. The eggs are whisked with lemon juice. Then some hot broth is whisked into the eggs to temper the eggs. Once the eggs are tempered, all the eggs are whisked into the rest of the soup. This two-step process prevents the eggs from cooking into lumpy pieces when stirred into the soup pot.

Lemon Chicken Rice Soup

Course Soup

Keyword low fiber, low residue

Prep Time 10 minutes

Cook Time 25 minutes

Pressure buildup/release 25 minutes

Total Time 35 minutes

Servings 4

Calories 163 kcal

Ingredients

1 carrot peeled, chopped

1 celery stalk peeled, chopped

1/4 cup medium grain rice such as sushi rice

4 cups low sodium chicken broth

1 cup cooked chicken breast shredded

3 large eggs

1 lemon juiced

2 cups baby spinach

Instructions

Place carrots, celery, rice and chicken broth in Instant Pot. Cook on high pressure for 10 minutes. Let naturally release 15 minutes; release remaining pressure.

Remove cover and set Instant Pot to saute function on high. Stir in chicken. Cook until heated through.

Whisk eggs with lemon juice. Gradually whisk a ladle of hot broth into eggs. Whisk eggs into soup pot. Add spinach leaves and stir. Cook until just tender.

Recipe Notes

For more flavor, simmer fresh thyme sprig in the chicken broth before cooking carrots, celery and rice.

Nutrition Facts

Lemon Chicken Rice Soup

Amount Per Serving

Calories 163Calories from Fat 45

% Daily Value*

Fat 5g8%

Saturated Fat 2g13%

Cholesterol 140mg47%

Sodium 155mg7%

Potassium 462mg13%

Carbohydrates 20g7%

Fiber 2g8%

Sugar 2g2%

Protein 11g22%

Vitamin A 4202IU84%

Vitamin C 20mg24%

Calcium 61mg6%

Iron 2mg11%

* Percent Daily Values are based on a 2000 calorie diet.

Clean Eating Lentil Soup

This soup freezes well. Feel free to stir in your favorite greens towards the end of cooking time. Spinach, kale or Swiss chard make nice additions.

Course Soup

Keyword lentils

Prep Time 20 minutes

Cook Time 1 hour

Total Time 1 hour 20 minutes

Servings 12 cups

Calories 94 kcal

Ingredients

1 cup organic red lentils rinsed and picked over for small stones

1 organic onion

2-3 cloves garlic minced

1 organic carrot peeled, chopped

2 organic celery stalks or 3 celery hearts chopped

1 teaspoon Herbes de Provence or your favorite herb mix

10 cups organic vegetable stock

1/4 cup organic brown rice or other whole grain such as barley, farro

1 1/2 cups organic chopped tomatoes

4 cups organic shredded cabbage

sea salt and fresh ground black pepper to taste

Instructions

Place all ingredients in a large soup pot. Bring to a boil, then turn heat to low, and cook, covered, for about 1 hour, or until lentils are soft. Season with salt and pepper.

Recipe Notes

1 Freestyle point/cup

Nutrition Facts

Clean Eating Lentil Soup

Amount Per Serving

Calories 94

% Daily Value*

Sodium 835mg36%

Potassium 279mg8%

Carbohydrates 18g6%

Fiber 5g21%

Sugar 4g4%

Protein 4g8%

Vitamin A 1330IU27%

Vitamin C 13.1mg16%

Calcium 35mg4%

Iron 1.7mg9%

* Percent Daily Values are based on a 2000 calorie diet.

If you like this Clean Eating Lentil Soup recipe, you might also like:

Greek Lentil Soup

Egg Potato Bites

Course Breakfast/Brunch

Keyword low fiber

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings 12

Calories 90 kcal

Ingredients

8 large eggs

1 cup low-fat cottage cheese pureed

sea salt to taste

8 ounces potato peeled, cooked, chopped

2 ounces swiss cheese or your favorite cheese shredded

Instructions

Preheat oven to 325 degrees.

Spray 12 muffin tins well with cooking spray. (Silicone muffin tins work especially well.)

Whisk together eggs, cottage cheese and a pinch of salt. Add potatoes. Divide among cups. Sprinkle cheese on top.

Bake for 25-30 minutes until firm.

Recipe Notes

You can customize individual egg muffins by adding different ingredients to each cup, e.g., cooked spinach, scallions, ham, turkey

Nutrition Facts

Egg Potato Bites

Amount Per Serving

Calories 90Calories from Fat 36

% Daily Value*

Fat 4g6%

Saturated Fat 2g13%

Cholesterol 129mg43%

Sodium 134mg6%

Potassium 140mg4%

Carbohydrates 3g1%

Protein 8g16%

Vitamin A 220IU4%

Vitamin C 2.1mg3%

Calcium 73mg7%

Iron 1.2mg7%

* Percent Daily Values are based on a 2000 calorie diet.

Spinach Tofu Dumplings

If you don't want to make dumpling dough from scratch, you can buy pre-made dumpling skins at Asian markets in the refrigerated section.

Course dinner

Cuisine Chinese

Keyword low fiber

Prep Time 40 minutes

Cook Time 10 minutes

Resting time 30 minutes

Total Time 50 minutes

Servings 28 dumplings

Calories 47 kcal

Ingredients

Dumpling Dough

2 cups flour

3/4 cup cold water

Spinach Tofu Filling

1 teaspoon oil

2 large eggs lightly beaten with pinch of salt

10 cups baby spinach

6.2 ounces medium firm tofu drained on paper towel for 15 minutes

4 shitake mushrooms stems trimmed

salt to taste

30 dumpling skins

Instructions

Dumpling Dough

Place flour in food processor bowl. Put top on and turn machine on. Gradually add water to bowl and process until dough forms into a ball. Continue to process another minute. Transfer dough to a floured bowl and cover with plastic wrap. Let rest 30 minutes.

Spinach Tofu Filling

Heat oil in non-stick skillet. Add beaten egg to pan and swirl around to make a thin omelet. Cook on one side, then flip over to cook the other side. Transfer to cutting board. Let cool, then finely chop. Put in medium bowl.

Blanch spinach in water or broth; drain let cool. Squeeze dry. Put spinach in food processor and process until finely chopped. You should have about 1 1/2 cups of cooked spinach. Transfer to bowl with egg.

Put tofu in food processor and process until finely chopped (but not pureed). Transfer to bowl with egg and spinach.

Put mushrooms in food processor and process until finely chopped. Transfer to bowl with egg, spinach, and tofu. Season to taste with salt, and stir to mix well. Refrigerate until ready to use.

Wrapping Dumplings

Divide dough in two. Roll one piece into long rope, using flour to keep from sticking. Cut rope into 14 pieces. Flatten each piece into a circle with the palm of your hand. Roll each piece into a 3" circle.

Place one tablespoon filling on top of each circle.

Pinch center of each side of dumpling together.

Using thumb and forefinger, start to pinch front and back of dumpling skin together on one side of dumpling to seal dumpling.

Do the same on the other side of the dumpling to completely seal in filling.

Set aside on floured pastry mat or plate.

Cooking Dumplings

Bring big pot of water to a boil. Add 2 teaspoons salt.

Add dumplings, one at a time, stirring with a big spoon to prevent dumplings from sticking to bottom of pot.

Bring pot to boil. Add 1 cup cold water. Let pot come back to a boil. Add another cup of cold water. Once pot comes back to a boil, remove dumplings with a slotted spoon or strainer.

Nutrition Facts

Spinach Tofu Dumplings

Amount Per Serving

Calories 47

% Daily Value*

Cholesterol 13mg4%

Sodium 14mg1%

Potassium 80mg2%

Carbohydrates 7g2%

Protein 2g4%

Vitamin A 1025IU21%

Vitamin C 3mg4%

Calcium 22mg2%

Iron 0.8mg

Conclusion

No scientific research supports the Dr. Sebi diet. However, it may bring some of the benefits associated with other plant-based diets.

Eating more whole fruits and vegetables could have positive effects on health.It could also help a person to lose weight if that is a goal.

The restrictions of the Dr. Sebi diet, however, could pose risks. It is crucial to ensure that the body is taking in enough nutrients, including vitamin B-12, through supplementation, if necessary.

Certain people may be more susceptible to the risks associated with the Dr. Sebi diet. Among them are adolescents, women who are breastfeeding, and older adults.

The diet's proponents recommend products that can be expensive, and no scientific evidence supports their use. A more healthful approach may be to eat more plant-based foods and to supplement any missing nutrients.

It may be a good idea to conduct research and consult a healthcare professional before trying any new diet.